

### Spanish Language Publications – Nutrition and Health

Information and publication availability is subject to change. Contact the appropriate university for current availability and pricing.

Title	Description	Cost	ST	Contact
Una Buena Alimentación es Básica para 4-H. Niños 6-8 Años (Eating Right is Basic: School Program for 6 to 8 Year Old Youth)	School nutrition curriculum. Leader's guide available in English.	\$8.00	CA	Agriculture & Natural Resources University of California 6701 San Pablo Ave Oakland, CA 94608-1239 510-642-2431; <a href="mailto:anrpubs@ucdavis.edu">anrpubs@ucdavis.edu</a> <a href="http://www.anrcatalog.ucdavis.edu/merchant.ihtml">http://www.anrcatalog.ucdavis.edu/merchant.ihtml</a>
Una Buena Alimentación es Básica para 4-H. Niños 9-11 Años (Eating Right is Basic: School Program for 9 to 11 Year Old Youth)	School nutrition curriculum. Leader's guide available in English.	\$10	CA	Agriculture & Natural Resources University of California 6701 San Pablo Ave Oakland, CA 94608-1239 510-642-2431; <a href="mailto:anrpubs@ucdavis.edu">anrpubs@ucdavis.edu</a> <a href="http://www.anrcatalog.ucdavis.edu/merchant.ihtml">http://www.anrcatalog.ucdavis.edu/merchant.ihtml</a>
Alimentos de Servicio Rápido (Fast Foods)	Leaflet about hamburgers, french fries, shakes and other fast foods using cartoon-like artwork.	\$1.00	CA	Agriculture & Natural Resources University of California 6701 San Pablo Ave Oakland, CA 94608-1239 510-642-2431; <a href="mailto:anrpubs@ucdavis.edu">anrpubs@ucdavis.edu</a> <a href="http://www.anrcatalog.ucdavis.edu/merchant.ihtml">http://www.anrcatalog.ucdavis.edu/merchant.ihtml</a>
C.B. Visita la Tierra (E.G. Visits Earth)	Part of Una Buena Alimentacion es Básica Para 4-H for youth ages 6-9.	\$.50	CA	Agriculture & Natural Resources University of California 6701 San Pablo Ave Oakland, CA 94608-1239 510-642-2431; <a href="mailto:anrpubs@ucdavis.edu">anrpubs@ucdavis.edu</a> <a href="http://www.anrcatalog.ucdavis.edu/merchant.ihtml">http://www.anrcatalog.ucdavis.edu/merchant.ihtml</a>
El ABC de Encurtir Aceitunas Verde-Maduras en Casa (ABC's of Home-Cured Green-Ripe Olives)	How to cure olives.	\$1.50	CA	Agriculture & Natural Resources University of California 6701 San Pablo Ave Oakland, CA 94608-1239 510-642-2431; <a href="mailto:anrpubs@ucdavis.edu">anrpubs@ucdavis.edu</a> <a href="http://www.anrcatalog.ucdavis.edu/merchant.ihtml">http://www.anrcatalog.ucdavis.edu/merchant.ihtml</a>
Hacia el Siglo 21 Libre de Drogas (Entering the 21st Century Drug-Free)	This curriculum provides various lessons and activities to develop a 4-H project to prevent drug use among youth ages 8 to 16. This curriculum is only available in Spanish. Puerto Rico has other 4-H publications that are specific to Puerto Rico and not included here.	Free	PR	Universidad de Puerto Rico Servicio de Extensión Agrícola Publications Department PO Box 21120 San Juan, PR 00928-1120

<p>Lecciones Sobre Apariencia Personal (Learning about Personal Appearance)</p>	<p>A program recommended for youth aged 7 to 17 with the following objectives: to have youth evaluate their personal health, dress, and hair care; to provide youth with information that will help them with physical appearance and hygiene decisions for different situations; to stimulate youth to identify tendencies in personal appearance that reflect a healthy lifestyle; and to provide youth with information on products that can fit their social, economic and psychological needs now and in the future. This curriculum is only available in Spanish. Puerto Rico has other 4-H publications that are specific to Puerto Rico and not included here.</p>	<p>Free</p>	<p>PR</p>	<p>Universidad de Puerto Rico Servicio de Extensión Agrícola Publications Department PO Box 21120 San Juan, PR 00928-1120</p>
<p>Prevención de Uso y Abuso de Drogas y Alcohol (Preventing Drug and Alcohol Use and Abuse)</p>	<p>A brochure offering advice for staying drug free.</p>	<p>Free</p>	<p>PR</p>	<p>Universidad de Puerto Rico Servicio de Extensión Agrícola Publications Department PO Box 21120 San Juan, PR 00928-1120</p>